

Seniors in Action

HAPPY
NEW YEAR



BLAINE
SENIOR CENTER

January 2022

763 G Street, Blaine WA 98230
Office Phone: (360) 332-8040
Email: director@blaineseniorcenter.org

Check Out Our Website at
www.blaineseniorcenter.org



amazon smile

WHAT'S INSIDE

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2020-2021 BOARD OF DIRECTORS & STAFF

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Staff

Director	Gordon MacGregor
Office Administrator	Cheryl English
Office Administrator	Mary Hagemann

ABOUT US

We are an IRS 501(c)(3) non-profit organization and receive support from the City of Blaine, Whatcom County Parks & Recreation, Blaine-Birch Bay Parks & Recreation District 2 and many local businesses and organizations. To learn more about the programs and events offered request one of our monthly newsletters or visit www.blaineseniorcenter.org

The Blaine Senior Center does not provide services that would normally be provided by a trained attendant, nurse or personal caregiver (e.g. incontinence, inability to use the restroom facilities by one's self, or preventing participant from leaving the grounds of the Center). The provision of any personal care by staff for a participant is beyond our capability and cannot be expected.

DIRECTOR'S MESSAGE

2021 is behind us and what a year it's been!

The Center officially re-opened from the pandemic at the end of May and the Center had to re-open with just one new staff member, Cheryl. Three months later I started and the Mary a month later. Basically, we started from scratch and worked around vaccinations, mask mandates, social distancing, and the rest.

By the end of the year, due to the hard work of Cheryl and Mary we have gone from less than 200 members to almost 400 members. 75% of our "pre-covid" programs restarted and some new as well. We listened to your comments and changed the membership from a calendar year to a 12-month membership.

We are set to start 2022 strong, and pandemic willing, we plan on re-starting the daily hot meal by April as well as continue with new and interesting programs and events.

Happy New Year to All!!

Gordon



Center contact information
for all questions:
Phone: (360) 332-8040
Fax: (360) 332-1709

NEWS AND NOTICES

PROFESSIONAL FOOT CARE SERVICES

January 12, 2022 and February 9th, 2022- Inspection and Assessment, Nail Clipping, Foot Massage. Services provided by J. Thompson, RN
See Office for Appointments



Stop by for Coffee!!

Have your morning coffee at the Blaine Senior Center Coffee Bar. A wide variety of coffee and tea including Latte's! Only \$1.00 per cup or see the office to buy 5 and get one FREE!



INCLEMENT WEATHER POLICIES

The Blaine Senior Center will follow the Blaine School District's closures. If the schools are closed we are closed. If they are running late, the Blaine Senior Center will be late. You can check the District website at www.blaine.wednet.edu.

You can also tune in to KGMI 790 am radio for school information. The list of school closures is also on their website www.kgmi.com. Our Facebook page will be updated to reflect closures.

FOR SALE!!!

Stop by the Sale Corner in the Card Room and browse a selection of homemade items. Aprons, Cowls, Dish Towels and More!!

All proceeds benefit the Senior Center!!



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MONTHLY ACTIVITIES

CREATIVE EXPRESSIONS

BUG! - Blaine Ukulele Group **Tuesdays: 1:30pm - 3:00pm**

Join other Ukulele enthusiasts for an informal and fun jam session. Whether you are new to the ukulele, or a longtime player, everyone is encouraged to join in the fun!



Crafters Circle **Thursdays: 10:30am - 11:30am**

Come get creative at the Crafters Circle. Meet new friends and complete your projects. Current projects include sewing, knitting, crochet, and needle-work. Many of the finished items are sold to benefit the Blaine Senior Center.

GAMES & RECREATION

Bridge **Tuesdays: 10:00am - 12:00pm**

Bridge is a fun and challenging trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other. All are welcome.

Ping Pong / Pool Hall / Darts **Weekdays: 9:00am - 3:00pm**

Grab a friend and have fun! All skill levels invited. Come check out our Pool Hall. We have two great tables to use. Whether you like eight-ball, snooker or blackball, there is usually someone to play with, or throw a game of Darts and have fun!

Pinochle **Monday and Wednesday: 12:30pm - 3:00pm**

Pinochle is a trick-taking, Ace-Ten card game played with a 48-card deck. Players score points by trick-taking and by forming combinations of cards into melds. Experienced players will happily teach newcomers.

TECHNOLOGY

Technology Concierge **Wednesday : 10:30am - 12:30pm**

Have Smartphone or computer questions? Glenn will help you navigate current tech. See the office for an appointment time.

HEALTH AND FITNESS

Flex/Balance/Core **Wednesdays and Fridays: 9:00—10:00**

Join Marilyn in the Pavilion to complement your established workout regimen or use this to begin making exercise a part of your life!



Dolly's Fitness DVD **Thursdays: 9:30am - 10:30am**

Dolly Robb's DVD incorporates both standing and chair stretches along with the use of resistance bands.

Open Gym **Weekdays: 9:00am - 3:00pm**

Our gym is available for member use only. There are two options for using the gym, both require a signed Physician's Release form available from the office. The 'Cardio Only' option allows you access to all of the cardio equipment, unless stated otherwise by your physician. The 'Full Use' option allows access to both the strength and cardio machines, once you have completed the mandatory 5-week Strength Training Class.

Strength Training Class **Tuesday and Thursday** **12:30pm - 1:30pm**

SIGN UP IN THE OFFICE

Fee: \$60

Next Class begins 1/11/22



Spaces fill up quickly for this popular 5-week class. Each session is limited to nine participants. Instructor Donald Boose will teach the proper usage of all the gym equipment. This class is required to have full access to the gym. **For more information and to sign up, please stop by the office.**

Stretch with Lucy **Tuesdays: 9:30am - 10:30am**

Lucy Donaldson leads this gentle stretch class that incorporates both standing and chair stretches along with the use of resistance bands.

Tai Ji **Monday / Wednesday / Friday** **10:00am - 11:00am**

Experience more abundant health, harmony and balance. Tai Ji's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind.




and

Foot Care **Second Wednesday of Each Month** **Next Appointments 1/12/22 and 2/9/22**

Professional foot care by J. Thompson, RN including inspection and assessment, nail clipping, corn/callus/thick nail reduction, foot massage, and referral for medical necessary foot care. 1 hour appointments between 9am and 3pm.

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY: 9:00 – 3:00 POOL ROOM GYM LIBRARY	DAILY: 9:00 – 3:00 PING PONG DARTS					
2	3 TAI JI: 10:00 – 11:00 PINOCHLE: 12:30 – 3:00	4 STRETCH: 9:30 – 10:30 BRIDGE: 10:00 – 12:00 BUG: 1:30 – 3:00	5 FLEXCORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 TECH CONC: 10:30 – 12:30 PINOCHLE: 12:30 – 3:00	6 STRETCH DVD: 9:30 – 10:30 CRAFT CIRCLE: 10:30 – 11:30 MOW: 11:30 – 12:00	7 TAI JI: 10:00 – 11:00 FLEX(CORE): 9:00 – 10:00	8  BIG BUCKS BINGO!!
9	10 TAI JI: 10:00 – 11:00 PINOCHLE: 12:30 – 3:00	11 STRETCH: 9:30 – 10:30 BRIDGE: 10:00 – 12:00 BUG: 1:30 – 3:00	12 FOOT CARE: 9:00 – 3:00 FLEXCORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 TECH CONC: 10:30 – 12:30 PINOCHLE: 12:30 – 3:00	13 STRETCH DVD: 9:30 – 10:30 CRAFT CIRCLE: 10:30 – 11:30 MOW: 11:30 – 12:00	14 TAI JI: 10:00 – 11:00 FLEX(CORE): 9:00 – 10:00	15
16	17 CLOSED FOR MLK DAY	18 STRETCH: 9:30 – 10:30 BRIDGE: 10:00 – 12:00 BUG: 1:30 – 3:00	19 FLEXCORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 TECH CONC: 10:30 – 12:30 PINOCHLE: 12:30 – 3:00	20 STRETCH DVD: 9:30 – 10:30 CRAFT CIRCLE: 10:30 – 11:30 MOW: 11:30 – 12:00	21 TAI JI: 10:00 – 11:00 FLEX(CORE): 9:00 – 10:00	22
23	24 TAI JI: 10:00 – 11:00 PINOCHLE: 12:30 – 3:00	25 STRETCH: 9:30 – 10:30 BRIDGE: 10:00 – 12:00 BUG: 1:30 – 3:00	26 FLEXCORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 TECH CONC: 10:30 – 12:30 PINOCHLE: 12:30 – 3:00	27 STRETCH DVD: 9:30 – 10:30 CRAFT CIRCLE: 10:30 – 11:30 MOW: 11:30 – 12:00	28 TAI JI: 10:00 – 11:00 FLEX(CORE): 9:00 – 10:00	29
30	31 TAI JI: 10:00 – 11:00 PINOCHLE: 12:30 – 3:00					INTERESTED IN NEW ACTIVITIES – LET THE OFFICE KNOW!

GLEN'S TECH TIPS

- **You can search more privately in your Internet browser.** Private mode will not save your searches or browsing history and is less likely to share information about you with websites. Look for the three dots or browser window icons in the upper right corner of your browser. Clicking this will give you the option to open an "InPrivate" page in Edge or "New incognito Window" in Chrome. Other browsers on PCs and phones have similar options in similar places.
- **You can make your phone easier to read.** Text can look larger and bolder, screen brightness can change, and you can change text to white on a black background. To make these changes go to "Settings" and then to the "Display" menu. Experiment with how the options in "Display" change your text and backgrounds.
- **When you buy a PC or phone or tablet,** it comes with an "operating system" like Windows, iOS, or Android. Operating systems like to be kept up to date to work well with programs, apps, and networks. If you don't connect to the Internet regularly, your operating system may not be up to date. Check your devices' "Settings" and look for "Software Update." iPhone hides this in the "General" menu or sometimes in other devices it's in the "About" menu. "Software Update" usually gives you a way to check whether you are current and to download new versions of the Operating System if not. You can usually set your device to update automatically here as well which it will usually do while charging if your device is connected to the Internet.
- **You can organize important emails into folders in most email systems.** Gmail used to do this but now it uses "labels" instead. You can create labels and assign as many of them as you want to an email. Then you can filter your emails by the label name and see only those emails labeled with the label name. Google hasn't made this real easy for phones and tablets, though. You can only create new labels on your PC or in a browser. The mobile Gmail app will display labels already created but won't let you create new labels. If you only do Gmail on your phone or tablet, your phone's or tablet's browser can run Gmail (instead of using the Gmail app) but you have to be using the "Desktop" view of Gmail in the browser. If you try this, look for the word "Desktop" on the very bottom of the webpage. Clicking this will take you to a version of Gmail that allows you to add and edit labels. Labels you create will then be available when you use the Gmail app on your phone or tablet.



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HEALTH & WELLNESS

A Resolution of Moderation

Meals on Wheels and More Staff

For many, January is a time when we resolve to make diet or exercise related changes to improve health and/or lose weight. Often these resolutions are somewhat extreme and very difficult to maintain long-term. We might resolve to cut out simple sugars or caffeine or to exercise for one hour every day. However, after a week or two we miss a day of exercise or eat a cookie and then ditch the plan altogether. While resolving to embrace moderation may not feel like a true New Year's resolution, it can be much healthier and easier to maintain than more extreme alternatives. One area where we can resolve to incorporate moderation is in our food portions. Overeating is not only a challenge for weight control, but also for those with diabetes who are concerned about maintaining their blood sugar levels. Here are a few suggestions to help you adopt a moderate eating approach for 2022.

Use smaller plates. You will feel more satisfied if your plate looks full, even if the portions are smaller.

Make healthy choices *easier*. Stock up on healthy food choices and keep the high calorie, high sugar and high fat foods out of the house or at least **out of sight!**

Check your emotional state: You are more likely to overeat when you are sad, stressed, bored, or anxious. Realizing your mood is the first step to combat those feelings, rather than eating as a solution.

Occasionally allow yourself small portions of your favorite treats. Enjoy them without guilt and you will be less likely to feel deprived or overeat.

Don't skip meals even if time is limited as you will likely overeat later. Make a plan and stick to it! If the plan needs changing, do it and keep going! For example, for breakfast keep simple and fast foods handy like bread or English muffins to toast. Add peanut butter or a hard -boiled egg (keep cooked hard boiled eggs in the fridge for easy access) and a piece of fruit and you are on your way in no time!

Do not go to a restaurant or event overly hungry. Eat a healthy snack at home before leaving.

Set aside half of large restaurant meals before eating. Not only will this provide you with tomorrow's lunch, but you will be less likely to keep taking "one more bite."

When you mess up, forgive yourself. Tomorrow is a new day. Start fresh and move on.

HEALTHY DIET



MEALS ON WHEELS AND MORE

Senior Meal Distribution Thursdays 11:30am-12:00pm

Senior To-Go Meals are available for pick-up at the G Street (North) side of the Blaine Senior Center on Thursdays from 11:30am to 12:00pm.

Senior To-Go Meals are available weekly on a donation-only basis to adults age 60 and better. Each week participants receive a bag of six nutritionally balanced frozen meals, one fresh meal, whole grain bread and 2% milk. There is a suggested donation of \$5 per meal or whatever is affordable. No senior will be turned away due to inability to contribute. Donations may be dropped off at the Blaine Senior Center or mailed to Meals on Wheels and More at 315 Halleck Street, Bellingham, WA 98225. Donations can also be made online at <https://whatcomcoa.org/donate>. Select "I'm donating for meals received".

Meals are provided by Meals on Wheels and More, a program of the Whatcom Council on Aging, a nonprofit organization. The program is partially funded through federal and local governments, but we also depend on participant and community donations to fund the program.

For more information about the meals or to inquire about receiving home delivered "Meals on Wheels", contact Julie Meyers, Meals on Wheels and More Director at jmeyers@whatcomcoa.org or 360-733-4030 x1025.



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BINGO!!!!



BIG BUCKS BINGO!!

Saturday, January 8th

12:30pm - Early Bird

2 games \$1/ea.

1:00-3:00pm - BINGO

\$15 - Includes 8 games, 3 cards per game

Lunch—\$8.00 @ 12:00pm

1/4Lb Hot Dog w/ Chips and Drink

START THE NEW YEAR STRONG

Did you know that the practice of making a New Year's resolution has been part of human history for over 4,000 years? Eating healthier and being more active are two of the most common resolutions Americans make each year. Unfortunately, studies show that only 8% of Americans who make a resolution actually keep them and 80% have failed by the start of February.

Start your New Year strong with our Strength Training Refresher for graduates of previous strength training programs. For \$20 you will get 3 sessions with Donald Boose (**Body by Boose**) our strength trainer we profiled in the Oct newsletter. Sessions start Jan 11 from 1:30pm—2:30pm. Register in the office. No promises but we'll help you beat the odds!



Be the First to Know!

Check and update your email on file at the office and you can receive emails with upcoming event reminders and BSC news and program changes, get the latest newsletter before it gets printed and mailed, and help reduce our costs and environmental footprint.



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NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



THE FUN PAGE!!

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	6	2	5		8	4	9	
				6	7	2		
			4	9		1	7	
	2			7			8	
9				4				1
1			8			6		5
	5							
						9		
	1	9						

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DIFFICULTY: ★☆☆☆☆

The Most Dangerous Food

A dietitian was once addressing a group at the local senior center.

“Many things we eat aren't good for us,” she said. “Red meat is awful. Soft drinks erode your stomach lining. Processed foods are loaded with MSG.

“But there is one thing that is the most dangerous of all and most of us have eaten it,” she continued. “Can anyone tell me what food causes the most grief and suffering for years after eating it?”

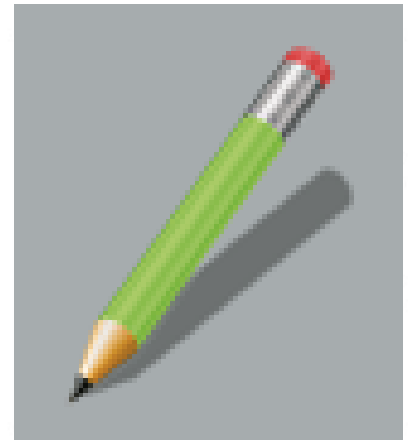
An elderly gentleman in the front row stood up and said, “Wedding cake.”

Quote:

“Age is an issue of mind over matter. If you don't mind, it doesn't matter.” Mark Twain

CROSSWORD PUZZLE

- ACROSS**
- 1 Noun-forming (suf.)
 - 5 Cry
 - 8 Languish
 - 12 "Arabian Nights" dervish
 - 13 Harem room
 - 14 Swami
 - 15 Anta
 - 17 Adjective-forming (suf.)
 - 18 Cheer
 - 19 Afr. gazelle
 - 21 Agent (abbr.)
 - 22 Irish church
 - 23 Misplaced
 - 25 Card-reader's card
 - 28 Lead telluride
 - 31 Heb. measure
 - 32 Federal Aviation Admin. (abbr.)
 - 33 Letters sound
 - 34 Two-footed
 - 36 Ionian island
 - 37 Track
 - 38 Ten decibels
 - 39 Fetish
 - 41 State (Ger.)
 - 43 Storage place
 - 46 Onionlike plant
 - 48 Cuban dance
 - 50 Jewelry setting
 - 51 Poetic contraction
 - 52 City in Judah
 - 53 Eng. statesman
 - 54 Electric reluctance unit
 - 55 Love of Abie
- DOWN**
- 1 Small goby
 - 2 Norse mythical hero
 - 3 Victory site of Nelson
 - 4 To be announced (abbr.)
 - 5 Yuccalike plant
 - 6 Polish border
 - 7 river
 - 7 Saltwort
 - 8 For your information (abbr.)
 - 9 Site
 - 10 Amalekite king
 - 11 Young female pig
 - 16 Sort comedy sketch
 - 20 Used to express negation
 - 22 Chosen nation
 - 24 Palmetto
 - 25 Afr. cotton garment
 - 26 Male friend (Fr.)
 - 27 Temporary relief
 - 28 Mulberry of India
 - 29 Child
 - 30 Woman: obs.
 - 32 Hesitate
 - 35 Hades
 - 36 Greek letter
 - 38 Confusion
 - 39 Gr. leather flask
 - 40 Bauble
 - 42 Rhine tributary
 - 43 Palm liquor
 - 44 Cleopatra's attendant
 - 45 Appoint
 - 47 Jap. game of forfeits
 - 49 Grandfather of Saul



1	2	3	4	5	6	7	8	9	10	11	
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ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "B" = "O"

“H MBATVDZ OCOYDA YIHY SBFUO XO
XEJHFXHRVC WBNEL YB IHJD
DJBVJDL WFBA H OXATVD OCOYDA
YIHY SBFUO.” – KBIE PHNVD

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